

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful winter scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
JANUARY, 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every Tuesday morning from 10 to 12. Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational & a super way to meet new friends. Happy Holidays! We hope you will join us in the New Year!



January 6th - Watercolor on Canvas
January 13th - Clay Cut-Outs
January 20th - Fabric Paint (Denim Shirt)
January 27th - Rock Art

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at **Cathedral Health Care Center in Jasper at 10 a.m. on Friday January 16th.**



- **BINGO:** Will be played at 12 p.m. **Tuesdays, January 6th & 20th.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m.

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30				FREE SPACE			46	74
2	28	37	55	68					
10	27	39	59	75					

*****You may want to bring a sweater or jacket, it sometimes gets cool.**

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at 11:15 a.m. on Tuesdays, January 6th & 20th.



- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!



- **WALK FIT VIDEO:** Come in at 9:45 a.m. on **Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.

CARD TOURNEYS



- **Thursday, January 8th**
Cinch Tourney
- **Thursday, January 15th**
Sheephead Tourney
- **Thursday, January 22nd**
Euchre Tourney
- **Thursday, January 29th**
Rum Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. Please sign-up by 10:00 a.m. the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, January 5th and Wednesday the 21st at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m. the morning you play.**

- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Wednesday January 7th and Friday the 16th.** It is a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning the game. **Please call in by 10 a.m. if you are coming in to play.**

- **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. on Monday, January 12th & Friday the 23rd.** Bring your change, we play for 10 cents a round and 25 cents a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. on Tuesday, January 13th.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



- **SCRABBLE:** How about a little challenge? Join the group playing Scrabble at **12:30 p.m. on Tuesdays January 13th & 27th.** We have a lot of fun! **Please sign-up by 10 a.m. game day if you plan to attend.**

- **PHASE-10:** Will be played on **Friday, January 9th at 12:30 p.m.** It is a fun easy card game. **Please call in by 10:00 a.m. if you would like to play.**

- **HEARTS:** Is a fun game we will play at **12:30 p.m. on Wednesday, January 14th and Friday the 30th.** This game is easy to learn and very enjoyable. We play a quarter a game with low score winning! **Call in by 10:00 a.m. to sign-up.**

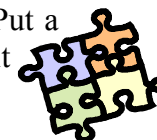
- **GOLF:** The card game, will played **Friday, January 2nd and Monday the 26th at 12:30.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **5-HANDED CINCH:** We are going to play some games for fun on **Wednesday, January 28th at 12:30 p.m.** You should give it a try. **Please sign-up by 10 a.m. that morning.**

- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing, Baseball, Zumba & Just Dance are available for you to play.



- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



SHEEPHEAD OR CINCH LESSONS?

If you are interested in learning either of these games or teaching them, please call the Center at 812-482-4455 to let us know. If you have a preference on day of the week please let us know that also.

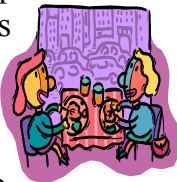


- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m. (If you can play on Wednesday please call in by 10 a.m. to let us know)** New players welcome.

RAINBOW MESSENGER
JANUARY, 2015

SPECIAL ACTIVITIES

- **LUNCH BUNCH:** Will be at **Headquarters Restaurant** in Jasper on **Tuesday, January 13th at 11 a.m.** The lunch special is fried or baked chicken - \$6.50/dark or \$7.00/white, drinks are extra. Their featured soups will be vegetable or chili plus a full menu to select from. We always go "dutch treat". Come enjoy good food and visit with old friends & make new ones! Please make your **reservations by 3 p.m. Wednesday, January 7th.**



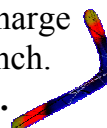
- **CATERED MEAL:** Will be held at **12:00 on Tuesday, January 27th** with **Catering by Meyer** preparing the meal. The menu will be: Pulled BBQ pork with buns, onions, dill spear, cheesy potato casserole, California medley with cheese, apple slices sautéed in butter, decaf coffee or unsweetened iced tea. Cost of the meal will be **\$7.75** with **reservations due to the center by 3:00 Wednesday, January 14th.**



MOVIE: "Heaven is For Real" will be shown at **1:00 on Thursday, January 15th.** The true story of a father who shares his son's extraordinary life-changing experience with the world. Refreshments will be provided so please call in and **sign up by 10 a.m. the day of the movie** if you are coming in.



- **BOOMERAMA:** (**Second Monday of the month**) **Monday, January 12th at 12:00,** Amy Gehlhausen with Qualicare will give a presentation entitled, **Programming your health care with GPS.** The presentation is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3 p.m. Friday January 9th.**



- **BOOK CLUB:** Will take the month of **January off.** We will discuss local author Wanda Blackgrave's book "**Here, There and Everywhere**" at **12:30 p.m. on Thursday, February 12th.** A true story of Wanda marrying an Arabian then moving to his country. How does she manage with children? Is she able to come home? New readers are always welcome!



Center Closed for Holidays

**Wednesday & Thursday
December 31st & January 1st
January 19th
Martin Luther King Jr.**

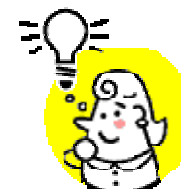
*** 2015 NEWSLETTER ***

It is time to sign-up to have the 2015 Rainbow Messenger mailed to you each month. The fee for the entire year is \$7.00. Make checks payable to Older American Center & include your address. The newsletter is available free for you to pick up at the Center in Jasper, Huntingburg's Senior Center, Meadowood & Ferdinand's Center. Also available online at www.jasperindiana.gov.



SUGGESTIONS

Do you have ideas for activities or trips for 2015? Please let the staff at The Center know. We are starting to plan the calendar and could use your ideas. Thanks for your help!



• **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

• **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow. They are located on the 2 bookshelves in the computer room.



• **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

HAPPY BIRTHDAY

JANUARY

2nd Pat Ward
 5th Connie Schmitt
 6th Ida Mae Welp
 14th Nora McCarty
 14th Lucille Kuebler
 14th Deanna Lindsay
 15th Alene Frank
 22nd Conley Letterman
 24th Cathy Buechlein
 25th Charlie Blessinger, Sr.
 28th Ruth Englert
 29th Donna Koval
 30th Emil Krodel



Anniversaries

JANUARY

12th Tom & Linda Foisy



Recipe Exchange

Party Mix



Ingredients:

4 - cups oyster crackers

4 - cups pretzels

16 oz. mixed nuts

(You can substitute any of the above)
 1 pack original Hidden Valley Ranch Mix (dry)

½ tsp. garlic salt

1 tsp. chili powder

½ cup oil

Directions: Mix snacks, add dry ingredients and toss. Add oil & mix. Pour onto cookie sheet and bake @ 200° for 1 hour. Cool & Enjoy!

Submitted by: Lavon Propes

Have a good recipe to share? We would be happy to publish it.

WINTER CLOSINGS

In case of inclement weather, please listen to radio stations WITZ and WBDC for cancellations and/or rescheduling.

